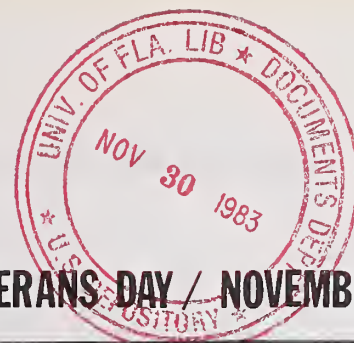


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# INSCOM *Journal*

VETERANS DAY / NOVEMBER 1983



MEETING AT THE WALL

"We are family . . ."

The words to the popular song are very appropriate at this time of the year. November traditionally culminates in Thanksgiving, a natural holiday that serves to make us consciously aware that we should be thankful. This year Thanksgiving will fall toward the end of National Family Week, and that is especially appropriate, too. From that first Thanksgiving through today, the blessings we have received have always owed a great deal to our extraordinary ability to work, pull and live together—to be a family.

There are many kinds of families: the one where you may have grown up, perhaps the one you now provide for yourself, the one where you work, even the INSCOM family. What is a family to you? A group where you are welcome, where you feel you belong, where you want to stay. A group pervaded by smiles, warmth, and genuine friendliness; a group where each person is considerate of all others, alert to the misfortune of any one, and willingly ready to help where help is needed, without waiting to be asked, and knowing full well that the favor singly waits to be returned with the same degree of grace.

How does your reality square with your concept? Is there a gap? Human nature being itself, we all come to the table ready to be served, sometimes momentarily forgetting that someone has to do the cooking before the turkey and dressing appear for our enjoyment. We must give, if we are to receive. National Family Week and Thanksgiving work very well together to remind us that the blessings we have and the only ones we reasonably stand to receive, are the ones for which together we have worked and will continue to strive. Our road to Thanksgiving is our Bounty. Square reality with concept: work to make it happen. Don't pull out, pitch in; don't scowl, smile; don't condemn, compliment; don't hinder, help.



# INSCOM Journal

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**President issues**

Tricentennial Proclamation 2

**Hey Soldier . . . ,**

Combat Soldier! . . . . . 3

The Treaty of Paris . . . . . 4

CSM Welker develops NCODP  
at Diogenes Station . . . . . 4

In search of German "roots" 6

Germans in the New World . 6

The Medical Clinic in Sinop . 8

Quality Circles, a new  
technique . . . . . 10

Calibrating at Sinop . . . . . 12

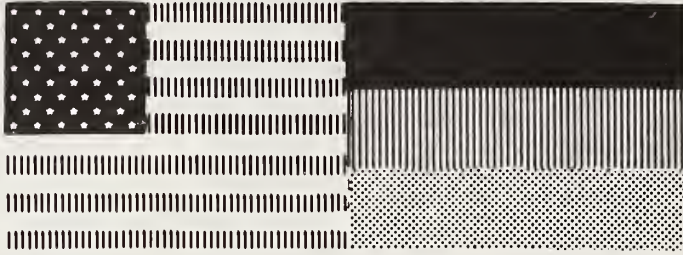
Army Exercise in Europe . . . 13

A day of thanks . . . . . 14

**Units . . . . . 15-16****Family Album . . . . . 17-23****For Your Information . . . . . 24-27****Sports . . . . . 28-30****Readership Survey . . . . . 31-32****Word Puzzle . . . . . 33**

**On our cover:** An artist's rendering of former Vietnam veterans at the dedication of the Vietnam Veterans Memorial in Washington, D.C. in November 1982. On "The Wall," as the Memorial is known, there have been 57,939 names of those listed as casualties carved into the black granite. Approximately 2.7 million served in the Vietnam War. During 1983, additional names were added to the Memorial. The Vietnam Veterans Memorial, costing \$7 million, was dedicated on November 13, 1982. Back cover: Bronze Star Medal with "V" for combat.

**One German's  
most unforgettable  
American memory  
might easily be you.**



# **President issues Tricentennial Proclamation**

On October 6, 1683, a group of thirteen Mennonite families, coming from the city of Krefeld, now in the Federal Republic of Germany, founded Germantown, Pennsylvania, today a suburb of Philadelphia. Since then, more than seven million German immigrants have entered the United States and made extraordinary human, economic, political, social, and cultural contributions to the growth and success of our great country.

Today there are more than sixty million Americans of German descent, a number about equal to the total population of the Federal Republic of Germany. More Americans claim German ancestry than any other nationality.

During my address to the Bundestag in Bonn in June of last year, I spoke of the importance which the United States attaches to the Tricentennial year of 1983 commemorating German settlement in America. Despite the

legacy of two world wars which found us on opposing sides, West Germany and the United States have forged an exceptionally close relationship during the past three decades. The success of the Marshall Plan, the Berlin Airlift, and the ensuing NATO partnership have led to a recognition of our common democratic ideals and joint interest in Western economic and political strength.

Throughout 1983 there will be numerous activities and observances to celebrate the Tricentennial. President Karl Carstens has accepted my invitation to attend the culminating event in Philadelphia next October.

The Congress, by Senate Joint Resolution 260, has designated 1983 as the "Tricentennial Anniversary Year of German Settlement in America" and has authorized and requested the President to issue a Proclamation observance of that year. By the Resolution, the Congress established the Presidential Commission for the German-American Tricentennial to encourage, develop and coordinate the commemoration of this historic event.

NOW, THEREFORE, I, RONALD REAGAN, President of the United States of America, do hereby proclaim the year commencing on January 1, 1983, as the Tricentennial Anniversary Year of German Settlement in America, and urge all Americans to observe the year with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this twentieth day of January, in the year of our Lord nineteen hundred and eighty-three, and of the Independence of the United States of America the two hundred and seventh.

RONALD REAGAN



"I am a Professional."

# Hey Soldier . . . , . . . Combat Soldier!

by Sp4 David L. Satterfield,  
501st MI Group

The next time you tell someone to act more like a soldier, keep in mind that the noun 'soldier' has more than one particular meaning. According to Webster's New Collegiate Dictionary, "soldier" refers to one engaged in military service and especially in the Army; an enlisted man or woman; or a skilled warrior. However, in addition to this standard meaning, one discovers a secondary, less-accepted form of the word. In this instance, "soldier" indicates one making a pretense of working while really loafing.

When this second definition comes into light, it conjurs up visions of individuals pretending to have severe disabilities in order to avoid straining themselves during PT or going to the field. However, it seems quite peculiar when these same individuals can be found on the racquetball court, on the softball diamond, or in a long distance footrace.

What about those individuals

who are assigned to pull some type of additional duty, such as weapons maintenance or PMCS? After bickering or grumbling about when it was last done or whose turn it is, perhaps they should sit down and try to realize that taking care of individual equipment is essential to combat readiness. Since combat readiness also demands being physically fit and well-trained it is vital that everyone in a unit (with emphasis on "TEAM-WORK") be accounted for in each and every training formation. This should leave no stone unturned, including the Commissioned Officers of that unit, since it is they who are going to be responsible for their soldiers in a combat environment.

CSM Wise, Group Command Sergeant Major, uses a standard Welcome Letter, which forwards to all prospective gains of the 501st, in which he states "There are soldiers, especially supervisors, that tremble at the men-

tion of the words tactical, motor-pool, supervision of soldiers, PT, field duty, Drill and Ceremonies, and TEAM-WORK." How true these words ring, since I'm quite certain each of us can think of individuals, including NCOs and officers, who frequently shirk their duties, causing different levels of problems for their subordinates and peers, the 501st, and the Army as a whole.

Although my feelings on being a soldier are numerous and varied, I never forget that I am a soldier devoted to the protection and preservation of my country, its ideology, and of course, the freedom of its people. This should be the concern of each of us, and instead of trying to find ways to avoid being a soldier, try just being one. It can be very enjoyable just doing your duty with the thought that "I am a SOLDIER in the United States Army . . . I am a PROFESSIONAL."



## The Treaty of Paris

While the fighting ended with America's victory against the British at Yorktown, the Revolutionary War did not actually end until the Treaty of Paris was signed some three years later, on Sept. 3, 1783.

Between the time the shooting stopped and the treaty was signed, negotiations in Paris—in which Benjamin Franklin and others represented the colonies—dragged on, and there was still the threat the war could resume. Gen. George Washington moved his headquarters and Army to Newburgh, New York, where his troops prepared for a possible British attack on New York city.

It was also during that time that Washington strongly rejected the idea of becoming king of the colonies—a concept that could have changed the whole structure of the United States.

The British attack never came. On April 19, word reached Washington that the negotiations were over. He announced the news to his troops a few days later, exactly eight years after the battles of Lexington and Concord. With the official signing a few months later, the colonies were at last free.

# CSM Welker develops NCODP at Diogenes Station

by SFC Ken Distler

"Your marching orders are to put an NCO Development Program together and get something going."

CSM Ross L. Welker, station command sergeant major, said those marching orders were among the first things he was told when he arrived at Sinop.

"Col. Wayne F. Stone, former commander, told me there was not a workable NCO development program going on here," Welker said. Previously there had only been periodic classes held in the Diogenes Playhouse (theater), a practice Welker called less than adequate.

Welker had previously set up a similar program at CONUS MI Group, so he knew he didn't have to "re-invent the wheel." All he needed was to obtain the Program of Instruction from an

established program, then alter it for Diogenes Station use.

In early December, Welker made a visit to Field Station Berlin and Stone to USAFS Augsburg, both bringing back that station's POI.

"Their programs were looked at by senior NCOs here and rewritten to apply to Diogenes Station," Welker said. The revised program was to have started in March, but was delayed because of the station's reorganization that took place in April.

The first two classes were held in May. At the end of each class, students were asked to evaluate and critique the program, suggesting ways to improve it.

There was no class held in June so that instructors could evaluate student's comments and revise their classes. The third class, held in July was the result.



"The course is undergoing constant change," Welker said, "as we see we don't need things or we see things that need to be added.

"Bear in mind, we are restricted to five days of instruction. We don't have the luxury of pulling someone out of his duty section for two or three weeks here. Any time we add something to the course, we have to remove something," he said.

Welker said that the NCO Development Course is not an easy one. "We do not give those students any answers," he said. "The object behind the course is to give information and get the student to think rather than giving him something to memorize."

The command sergeant major oversees the program, a role he calls traditional. "The guy that does all the legwork for the course is SFC Charles Armstrong down at the Education Center," Welker said. "He's really been a great help on the thing, has done a lot of the mundane labor required for the course and has done a good job of it."

Armstrong, who is senior instructor in the course, said that the major emphasis of the course is "To improve the experience level of the non-commissioned officer, primarily the E-5s and E-6s."

Armstrong said that he feels the course is meeting his goal and that the students' critiques have been very positive. "The most negative thing they've said is they've had it before in other classes. But it's still a review and a good thing in that sense," he said.

One of the few stumbling blocks for the course is its length. "We need more time," Armstrong said.

It's still recommended (by students and instructors alike) that we expand the program to a

week and a half or two weeks. However, in a live-mission environment like this, it's hard to get people (freed from their jobs) as it is.

"Mission comes first," he said. Reiterating points made by Welker, Armstrong said that the program is constantly being revised.

"Some classes have been dropped," he said. "We started out with classes in Military and Civilian Education, but we decided to drop those because students get them when they in-process.

"Since the first class, we've added such items as Conducting Physical Training and Drill and Ceremony.

"We use the critique sheets to see which classes need more time and which less," he explained.

Although the program is aimed toward mid-level enlisted, senior NCOs receive training also.

"Every senior non-com on the station—E-7, E-8 or E-9—some time in his tour in Sinop will teach a portion of NCODP," Welker said. "That's part of his training, too."

First Sgt. Tim Wilson, USACC-Turkey first sergeant and an instructor in the program, said he can see the difference in his soldiers after they attend the course. "I notice a visible change in their attitude," he said. "They start looking into things a little more. It stirs their interest.

"I think the course is a good thing," Wilson said. "I just wish I had more time on my hands to devote to it. When I'm working at 80% strength, it's difficult to find the time to send people, but, in order to do it, my other people double over and work a little harder.

"We make it," he added.

SSgt. George Roberts, a student in Class #3 from Company A, said although he has had

some of the classes before, the program refreshed his memory and brought him up to date on the latest material.

"It's been quite interesting," Roberts said. "We've had some good instructors. Some of the classes have been just a little bit too long, but overall, they were pretty well put together."

Sp4 Michael Bell, who is assigned to Headquarters Company, agreed with Roberts.

"One of the most important things the course taught me was where to go to look for things," Bell said. "No one had ever told me before."

"There are a lot of us," Wilson said, "that have never been to any kind of leadership course in the 20 years I've been in. I wish, in a way, that I had had it. I've had to learn by observation and making mistakes."

"If this course prevents one of the young noncoms from making one mistake, then it's worth it," he said.

The course is open to E-6, E-5 and promotable E-4 soldiers and sailors here upon recommendation of their supervisor. There is no time-in-service-remaining requirement.

Graduates are presented with a certificate of course completion, a diploma from the station and the "Creed of the Non-Commissioned Officer." Completion also earns two promotion points.

The program has a classroom in the Education Center dedicated to it and other NCO programs. "We're trying to make it a place where the NCOs of the field station, of USACC and the petty officers of the Navy go to study for career development," Welker explained.

"The command is 100 percent behind the program," Welker said. "People enjoy going to it and say 'we should have had this a long time ago.'"

# In search of German "roots"

by Stephanie A. Jefferson

Do you claim German ancestors? If so, you're not alone. According to the 1980 Census, Americans who list German descent number 49,224,146, and are surpassed only by those who claim English ancestry.

If you think you fall into this category of the population, but have never traced your "roots", a trip to the National Archives in Washington, D.C., could well prove to be an enjoyable and informative expedition.

That historic home of the nation's vital records houses three primary sources of assistance in geneological research:

- Federal Population Census Schedules—which date back to 1793 and are categorized geographically.

- Military Service and Pension Records—which date back to the beginning of the Revolutionary War and extend through the beginning of the 20th Century (not including World War I), and are categorized by state and time period.

- Passenger Arrival Records—which include the names of immigrants arriving at East and Gulf Coast ports starting in 1819 and running through the early 20th century.

These basic references can help you pursue your ancestral profile. Note, however, that you should come prepared with

names, approximate geographical locations and pertinent dates in order to use these resources.

For more information on researching your German roots, call the Archives Reference Desk at (202) 523-3220.

## Germans in the New World

Who could have guessed, 300 years ago, that a group of 13 German families seeking religious freedom in "the new world" would be the beginning of an influence destined to help shape the direction and development of an entire country?

In October of 1683, 13 Menonite families from the village of Krefeld, Germany set sail on the Concord in search of freedom. They landed near Philadelphia, founded the community of Germantown, and provided the opportunity for fellow

countrymen to follow.

German immigrants were welcomed in America. They were seen as hard working, ambitious people. During the American Revolution, in fact, the Continental Congress tried to coax German mercenaries to desert and settle in America. In a propaganda campaign, it offered a minimum of 50 acres of unappropriated land for each mercenary who would desert and join the Americans.

The immigrants and their ancestors offered more than just skills in farming, weaving and mechanics; their contributions influenced a broad range of cultural, commercial, political and technological developments.

In fact, Americans of German descent have reached the highest ranks of the American political system—Herbert Hoover and Dwight David Eisenhower have served as Presidents of the United States.

Other political and military figures include Fredrick Wilhelm Von Steuben, drillmaster for George Washington and hero in the Revolutionary war; Carl Shurz, a member of Abraham Lincoln's cabinet; Henry Kissinger, former Secretary of State; and George Shultz, present Secretary of State.

John Steinbeck, Theodore Dreiser and Kurt Vonnegut Jr. represent only a few of those German-American authors who have produced great American literature.

And where would American journalism and freedom of the press be had there been no Walter Lippmann, Adolph Ochs, Thomas Nast, H.L. Mencken or John Peter Zenger?

German-American influence in commerce can be seen through the works of such bankers and businessmen as John Jacob Astor, Henry Villard, Levis Strauss, Walter Chrysler and



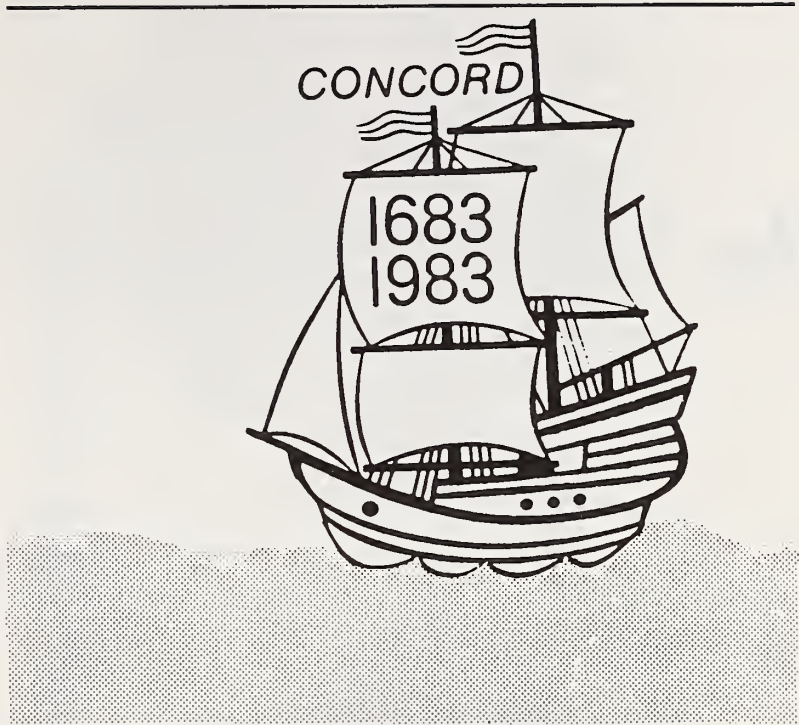
members of the Rockefeller, Weyerhaeuser, Heinz, Hershey, Fleischman, Steinway, Sulzberger, Wanamaker and Busch families.

Though many German-Americans have prospered in their new country, life for them also has held its share of hardships. In the past 100 years alone, these men have found themselves defending their new home against the aggression of their native nation. But the World Wars are history now; the two countries have remained allies for nearly 40 years. Both believe that the time has come for those 50 million Americans of German descent (more than a quarter of the U.S. population) to reclaim their heritage—to obtain a knowledge of and respect for their past.

To encourage Americans in this direction, the U.S. Congress has designated 1983 as "the Tricentennial Anniversary Year of German Settlement in America." The German Government has approved a resolution promising support of the celebration from that country as well. In recognition of 300 years of German contributions to the United States, Congress has designated 1983 as "the Tricentennial Anniversary Year of German Settlement in America."

On October 6, 1683, the first 13 German families landed at Philadelphia. They had come to America seeking religious freedom, and they found it. In return, the German immigrants and their descendants have contributed tremendously to the economic, cultural, political and technological development of this country.

In a presidential proclamation, Ronald Reagan called upon the American public to support the year-long celebration. He explained the deepening relationship between the United States and the Federal Republic of Ger-



many this way: "Despite the legacy of two world wars which found us on opposing sides, West Germany and the United States have forged an exceptionally close relationship during the past three decades. The success of the Marshall Plan, the Berlin Airlift and the ensuing NATO partnership have led to a recognition of our common democratic ideals and joint interest in Western economic and political strength."

The West German Parliament also has approved a resolution outlining German support of the tricentennial celebration. "Cooperation with the United States of America as a friend and partner," the resolution reads, "is a basic tenant of the foreign policy of the Federal Republic of Germany. This cooperation is based on common moral and political values and on a common cultural heritage."

In a salute to the one-half million Americans of German descent, the presidents of both countries will meet in Philadelphia to commemorate the anniversary of the original landing

in America and all that was to follow.

In addition, the Federal Republic is sending exhibits and cultural groups to the United States. American Organizations and societies nationwide also are organizing displays, exhibits and performances which reflect the German-American heritage. In addition, both countries simultaneously issued a commemorative stamp featuring the Concord—the ship which carried the first Germans to America.

The two countries also have agreed to cooperate in an International Youth Exchange Program. Through the exchange, young people can become aware of the importance of friendship and political cooperation between the two countries while also becoming familiarized with the culture and history of their allies. American teenagers will be sponsored by members of Congress for stays with families in Germany; German teenagers, sponsored by members of the West German Parliament, will live with American families.

# The Medical Clinic in Sinop

by SFC Ken Distler

"Medic, Medic. Call the medic, I think he's hurt!"

A shout for help from the battlefield? Not necessarily. At one time or another, it is a cry heard in almost every barracks on the station, most often late at night.

Medical service here at Sinop provided to the station by personnel assigned to the Army Health Clinic, attached from their parent unit in Italy. "Everyone here is actually assigned to the Army Medical Department Activity in Vincenza, Italy," said SSgt. John M. Richardson, NCOIC of the clinic. "Vincenza runs several outlying clinics—we are by far the most outlying."

"The Army Health Clinic is a very complete facility," he said. "We've got a well-stocked pharmacy, a fully-operational lab and an X-ray unit. We also have a fully staffed dental lab, so just about any dental work could be done here."

"The one thing we do not have is the capacity to run an operating room," he added. "Basically, it's an out-patient facility."

"Our mission here is not just

to do a bunch of routine physicals," said Dr. (Capt.) Martin R. Artman, the outgoing flight surgeon and OIC of the clinic. "Our mission is not to provide specialty care as much as it is to perform in an emergency situation. What we are here for is to pick up on any emergency and coordinate transportation to a definitive medical facility."

"That's all we can hope to do," he explained. "There is simply not the facilities or the equipment to do anything else."

Artman rotated back to the states in late July and was replaced by Dr. (Capt.) Robert Synder.

To meet those medical emergencies, the clinic has "considerably more" medical personnel than you would expect for the station's size, said Richardson.

"Of the 10 enlisted personnel here," he said, "there are only two of us that carry the same MOS (military occupational specialty)."

Richardson, whose primary responsibility is to see that the clinic runs smoothly and has all

the equipment and supplies it needs, while providing a wide variety of health care, also causes some problems when someone is sick or otherwise absent. A system of backups to meet this situation is provided by a continuing cross-training program, he said.

As a practical nurse and NCOIC of patient care, Sp6 Randall R. Ferris oversees the medical operation at the clinic. He and his team of medical specialists decide which patients his team can handle and which must be seen by the physician.

"This is a good learning experience for a practical nurse (normally assigned to hospital wards)," Ferris said, "because here he works in the role of a physician's assistant. He does everything a physician does, but sees more of the mundane or the trivial, like colds or upset stomach. He sees those and sends the patients who need to be followed up on to the doctor. It relieves the doctor's patient load."

"Our one problem here is that we have only one treatment room," Ferris said, "and it's set up as a trauma room. We use it as a screening room and have moved some things into our X-ray room so someone else can be looking at a patient at the same time I'm looking at a patient."

"We need more examining rooms," he said.

Although Ferris said the clinic is technically a two-bed hospital, patients who need admitting are transferred to Incirlick Air Force Base because the clinic does not have a nursing staff to provide around-the-clock care.

"We send them down to Incirlick (near Adana, Turkey)," he said. "If they don't have the capabilities or facilities to treat the patient there, they send them on to Weisbaden (West Germany) in a DC-9 Nightingale."



Ferris said complaints about the clinic's services are few. "The only complaint people have is that they may have to wait 20 or 30 minutes before they can be seen," he said. "It's unfortunate, but it's true in some instances. It's only because we are trying to spend as much time with a patient as we can."

"We don't want patients to feel like it's an in-and-out situation: Hey, what's your problem? Here's some pills and get out of here. We like to get them in and out as quickly as possible, but we try to make them feel like we are treating them," he said.

"They are here to get help, and that's what we try to give."

That theme of tending to all the patient's needs is echoed by the clinic's dental staff as well.

"I'm used to rushing, rushing all day," said Sp5 Brenda G. Christian, the clinic's dental hygienist. "Here, we book patients for a full hour instead of 45 minutes."

Christian, who came here from a large dental clinic in the states, said the lower patient load allows them to give greater attention to their patients. She also noted other differences between her last assignment and here.

"It's only me and the doctor here, and I like that," she said. "There are no other people butting in, it's just me and the doctor."

The "doctor" she's referring to is Dentist (Capt.) Jackie L. Jones, who arrived here in early July.

Christian added that between the two of them, "the only thing that we don't offer is orthodontic care."

"I think that we are very, very good," Artman said, referring to the quality of services provided by the clinic. "All the medics are very well trained and perform their jobs very well."

"I think we are as good as, if not better than, any small clinic back in the states."



Sp5 Brenda Christian cleans a patient's teeth at the Army Health Clinic at Diogenes Station. (U.S. Army photo by SFC Ken Distler.)

Sp4 Debbie S. McCoy, a medic at the Army Health Clinic at Diogenes Station, examines a patient during the screening process. (U.S. Army photo by SFC Ken Distler.)



# Quality Circles, a new technique

by Richard Merrill

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Quality Circles encourage motivation from within and create member pride in knowing they are contributing to the overall objectives in the office or organization.

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Members of the U.S. Army Intelligence and Threat Analysis Center (ITAC) at Arlington Hall Station are now solving quality of work and work-life problems using a process termed Quality Circles. Along with INSCOM units at Fort Meade and Field Station Augsburg, ITAC is a test bed for implementation of Quality Circles in INSCOM.

Though Quality Circles, or QCs, are not new in themselves, they are new to INSCOM test bed units. They are essentially a management commitment to people and team building. QCs are a participative management technique which makes people aware they are more than just cogs in a wheel and that manage-

ment places value on their innovations and contributions.

The QC process and training involves analytical problem solving, group dynamics, and presentation techniques. ITAC circle members are now meeting to target solutions to previously unidentified problems. At this time, approximately 35 ITAC personnel are involved in five QCs. This is within a context of 1500 active QCs DOD-wide.

ITAC and INSCOM as a whole have many challenges facing us. We must learn to think globally and then act locally. The Japanese, for example, are long ranged and disciplined. They developed the concept of

Quality Circles in 1962 from a base of American behavioral and statistical quality control theories. The Japanese, using QCs, have conducted a relentless effort for twenty years and are now achieving their desired quality objectives. The approximate one million Japanese QC's are estimated to have provided a national savings of 20 billion dollars.

Due to this and other factors, the United States is now tenth on a list of nations ranked by per capita production. Productivity is an ITAC priority and Quality Circles are being implemented to assist in this area.

Benefits are already accruing in better communications and supervisor awareness of their



subordinantes' careers.

Circles are voluntary and communications between members and non-members is encouraged.

The QC process helps to direct peoples' energies toward unraveling problems and tapping into their brainpower and experience to find a better way to solve work related difficulties. It moves people to become more involved in their work and specifies positive recognition. Team work and planning are vital factors in making QCs work for INSCOM.

So just what is a Quality Circle? It is a group of people from the same work area who meet regularly to identify, analyze, and solve work-related problems.

How are QCs formed? Circle members are from the same work area in order for problems to be

familiar to all. Membership varies from four to as many as 12, but an ideal size is seven for participation purposes.

Now that you know what they are, you ask what are the objectives of such a group? They are to

- improve work flow and enhance productivity,
- inspire more effective teamwork,
- promote job involvement and enrichment,
- increase employee motivation,
- foster a problem-prevention capability,
- develop harmonious managerial-employee relationships,
- build briefing skills,
- develop personal leadership skills,
- provide opportunities for creative and innovative problem

solving, and

- encourage employee responsibility in implementing and monitoring accepted solutions.

A QC is typically made up of non-management employees, although circle leaders are almost always the first-line supervisors of the circle members. Circles encourage motivation from within and create member pride in knowing they are contributing to the overall objectives in their office or organization.

Since ITAC circles are new, it is too early to list contributions of members or problems solved. However, feedback from supervisors who view QCs as a people building tool has been quite positive. If there is a negative side, it is that QC progress takes patience and supervisors have voiced the need for a "wait and see" attitude.



The "A-Team," a Quality Circle in the Requirements Management Branch of ITAC, is the first such team at Arlington Hall. Pictured are (L to R) Capt. Kathy Lee, Mrs. Karen Kovach, Maj. David Harrigan, Mr. Tom Corcoran, and Mrs. Sally Drake.

(U.S. Army photo by Sp4 Shackelford).

# Calibrating at Sinop

by Sp4 Greg Markley

On a baseball team, the worst performers spend most of their time on the bench. They aren't skilled enough to see steady action.

On a calibration team, the best performers spend most of their time "on the bench". They are dependable enough to see steady action—very steady action.

Calibration, according to Webster's New Collegiate Dictionary, is the "act of standardizing (as a measuring instrument) by determining the deviation from a standard to ascertain the proper correction factors." In short, to calibrate is to determine the accuracy and precision of scales, microwave machines, radars, and such.

At Diogenes Station, the permanent calibration team is attached here with Headquarters Company for billeting, training and uniform code of military justice actions. They wear the DARCOM (Dept. of the Army Readiness Command) patch and are assigned to 524th Maintenance Company, 517th Maintenance Battalion, Permasens, Germany.

The permanent Sinop arrangement is a relatively new one. "There used to be a mobile calibration team assigned here for a month every 120 days, but this proved inadequate," said Sp6 Raymond Smith, NCOIC of the station "Cal" lab. "The volume of work necessitated the creation of a permanent outfit here. On October 1, the first permanent party personnel were assigned here for a year's tour. This had provided greater 'on the scene' direct support to our customers."

"Calibration," Smith said, "is a tough MOS. Because it's so diverse, there's always new equipment for you to learn how to operate and trouble-shoot. The job requires adaptability so that you can check and repair all variety of equipment.

"You have to apply the basic electronics theories to new equipment. The field is dynamic and very complicated," he said.

Troubleshooting (determining what's wrong with a defective piece of equipment) is time-consuming for calibrators, Smith said. "We read the roadmaps, in

a sense, by following the operator's manuals to find out how to repair defective equipment. We have an MOS related reference library and technical bulletins that explain certain operations."

The station calibration lab handles an average of 40 to 60 calibration or repair jobs per week, said Smith.

"We send printouts every month to the units or sections, telling them which items are due for calibration. This way, they don't wait until the last minute and swamp us with work.

"We assess priorities," Smith continued, "to expedite the most important work orders. Most of the calibration work is done in one day. The amount of repair work was high in January. The backlog has dropped down 50% since then."

"We do a wide variety of work," said Sp5 Jose Santos. "Everything that is electronic up on the Hill seems to work its way in here. It's a very demanding job.

Sp4 Bradley West added, "Everyone with the MOS has at-



tended the 30 week course at Lowrey AFB, Colorado. This intense course is equivalent to 25-30 hours of college credit. We're trained in many calibration-related areas, so that we can maintain all varieties of equipment."

Safety is always on the mind of his workers, said Smith. "We have a safety board, full of safety devices, readily available. This can be a dangerous field; you must be alert, or else. . ."

Calibration is sometimes a stressful job, but sometimes it has its rewards, too, Santos believes.

"It's a challenge to put a piece of equipment back together," he said. "It becomes nerve-wracking at times, and very complicated. It requires much in-depth thought, patience and concentration. You have to consult many technical manuals and bulletins.

"But when you know you've done a thorough and good job you get a great sense of satisfaction. You know your work means something; the station needs us to operate effectively."

PFC Philip Branton said he feels being an Army calibrator requires a special breed of person. "You have to think for yourself, practice patience, maintain a good attitude and acquire as much technical knowledge as you can. The duty gives you plenty of electronics training!"

"Calibration," said Smith, "is very critical to the Army. It's a precise field where reliability is a must. People don't take it seriously enough," he said.

"Our people like this assignment. They spend more time with the actual work and more bench time, getting more calibration and technical experience."

On this team, getting in all that 'bench time' keeps the station from being 'short-circuited'.



Photo by SP4 Buck Brignano

# Army exercise in Europe

Every year, thousands of men and women in uniform pack up their gear, kiss their loved ones goodbye, and head to Europe to take part in REFORGER, one of the Army's largest strategic deployment exercises of the season.

As always, all components of the Total Army played a vital part in this year's exercise, with some 4,000 Army National Guard and Army Reserve troops soldering right along with their 13,000 U.S.-based Active Army counterparts.

REFORGER '83, the 15th in the series, does two things: it demonstrates how the U.S. military can reinforce Europe during a crisis situation, and as a joint-service exercise it is designed to test and evaluate plans and support between military and civilian operations.

With every passing of fall, REFORGER helps to show the true spirit of America's commitment to peace and freedom—and shows the world a Total Army capable of keeping that vigil.



# A day of thanks

They gathered to give thanks for their bounty of the year.

It was a cold December day in Plymouth, Massachusetts in 1621. The wind blowing off Plymouth Bay some few miles distant put a bite in the air. The snow clouds hanging heavy over the hills became a threat.

The settlers of the first permanent colony in New England had finished their harvesting for the season. They had preserved their native fruits and vegetables as best they could; they had dug pits for storage of tubers; they had stocked their barns with hay and grain; and they had downed trees and cut wood for their stoves and fireplaces.

During that summer they had worked hard. Their crops had flourished and they were thankful.

The settlers at Plymouth, in their search for religious freedom, left England and went to Holland and then emigrated to

North America. They set sail on the Mayflower and reached the coast of New England in December 1620. Their group endured many hardships during that first winter and half of the colony died. Through determination and the hand of fate, the remaining colonists had survived.

A few years before the landing of the settlers in the new land, the native Indians had suffered illness and many of their numbers had died. The Indians offered little resistance to the newcomers in their territory. The Indians offered the colonists some of their cultivated land for planting since some of their fields had lain fallow as a result of illness and death among the native tribes.

Those settlers in the year 1621 gathered to give thanks. They invited the friendly Indian tribes around their English settlement to share their food and friendship. They thanked God for their

good fortune during the past year. They gave thanks for their continued progress in the face of a sometimes hostile environment. They had come to the new land a year earlier and had strived and worked for a new beginning.

Those early settlers, who some 200 years later became known as the Pilgrim Fathers, started a custom that would be handed down to future generations. It was from this custom that our Thanksgiving Day, as we know it today, came into being. The month of December, by Presidential Proclamation of Abraham Lincoln in 1863, was changed to November.

Thanksgiving Day, with its beginning in New England's Plymouth Colony, is still observed as being a time when friends and family get together and enjoy good food and good relationships. And to give thanks for the bounty of the year.



# Remodeling at Diogenes

by SFC Ken Distler

"Remodeling work on the Hilltop Community Club is progressing on schedule," said SFC Philip Gable, club system manager here at Diogenes Station. He is planning on having the club's grand re-opening somewhere in early November.

"According to the Engineers," Gable said, "the contractor should finish on or about Sept. 20. Once the building is done, our work really begins."

The renovation work is only to the club's interior, Gable said. Once that work is done, the club must be completely re-furnished wall to wall. That includes everything from kitchen equipment to table and chairs, he said.

Special features of the revamped club include a five foot round fireplace in the dining area, an expandable (slide out) stage and an aquarium/wall divider at the main entrance. Gable said he also hopes to add a big-screen TV later.

Men's and women's restrooms have been added at the main entrance, giving more room to the snackbar area. The aquarium will serve as a windbreak at the entrance, a real comfort boon to winter club users. Air conditioning will cool customers in summer.

Most of the club will be carpeted with coffee colored carpet, Gable said, while remaining areas will receive cream-colored tile. The dance floor in front of the stage will be inlaid wood.

The walls will be covered with a Rosewood-like paneling and

the ceiling will be multi-colored in earth tones.

Plans for the snackbar call for booths, which should provide both additional seating capacity and space compared to the old setup.

Plans for the dining area are incomplete at this time, but Gable said he will try to renovate with the customer's needs in mind.

"We're going to try a-la-carte in the dining room and see how it will work," he said. "Right now, I really don't know what the population wants."

SFC Gable, club manager, said he would be trying to expand the services the club offers when it reopens this fall. "He said he is considering having 'speciality"

nights at the club and is researching ways to get live entertainment.

"I'm going to find out what special activities we want and run a survey to see what the people want."

Right now, our location (the expense of transportation is prohibitive) is a problem in getting live entertainment, but Gable hopes to overcome this with the help of club personnel in Ankara.

"There is a little talent locally," he added. "I don't know how good it is, but we'll find out."

The reopening of the club will mean additional people working there. An E-7 food service sergeant will be arriving shortly—his job will be running the kitchen and getting it lined up—and two full-time positions for Turkish nationals will be created.

"We're authorized a bartender and a cook," Gable said. "I hope to get a secretary and a janitor added to that."

Part-time employment may



An artist's conception of the new snackbar at Diogenes Station shows what changes will take place. The snackbar will feature fast food service and will have new equipment throughout. (U.S. Army photo.)



also be opening up, he said, as many of his current employees will be rotating back to the states shortly after the club reopens.

"While work is continuing, the club's doors will remain closed until everything is in place and ready to go," Gable said. "I'm not going to open it until it's ready," he said, "not until everything is absolutely done."

With a sly grin crossing his face, Gable understated, "It should be fairly nice."

## Display at AHS

A permanent display is being planned for Headquarters INSCOM which will feature the heraldry and heritage of INSCOM and Military Intelligence. The display will be completed by phases over the next seven months.

The first panel to be erected will contain the crests of past and present MI units. According to Mr. J.L. Gilbert, Command Historian, nearly 60 unit insignias have been contributed by individuals and units assigned to INSCOM. However, to insure that the collection is as complete as possible, contributions of additional crests are being sought.

Mr. Gilbert emphasized that he already has crests from each of the INSCOM units. He went on to stress that discontinued MI, ASA, CIC, and Radio Research units are the ones most frequently missing from the collection and unfortunately, to

# The "Deuce" and the 902d

Military units through the ages have used honorific titles to indicate history, lineage, and honors.

Some of the more familiar titles are "The Old Guard", "The Brave Rifles", "Rock of the Marne" or the "Wolfhounds". These titles reflect something in the unit's history. They are part of the unit lineage; they are distinctive and cannot be used by another unit.

Military Intelligence units, though not as old as the Artillery, Infantry, or Cavalry, also have an honored history. Among them is the 902d MI Group.

The 902d was organized in 1944, just in time to participate in the landings in the Phillipines. From its days with the 112th Cavalry Group to its CONUS-wide organization today, the 902d MI Group has had many nicknames.

date, no CIC, Radio Research, and Comm Recon insignia have been contributed.

Among the crests sought are those for the CIC School, USA Pacific Intelligence School, CIC Japan, 8th and the 16th Field Stations, 326th Comm Recon Company, the 501st Comm Recon Group, and the 509th RR Group, the 224th Aviation Battalion, and the 650th MI Group.

Crests are also needed for the 15th MI Battalion, as well as the 163rd, 501st, and the 532d MI Battalions. Crests are needed for

Among these have been the "Nine-oh-Second", "The Nine-oh-Deuce", or the more familiar, "The Deuce". Old timers in the counterintelligence business recall the "Deuce" as far back as 1948. So the title has been around for a while.

The nickname was made official on June 15, 1983. The Department of the Army's Chief of Military History bestowed the title "The Deuce" on the 902d. By this act, the "Deuce" joined the long ranks of units with distinctive designators. It is one of the few Military Intelligence or INSCOM units so designated.

As the "Deuce" approaches its thirty-ninth birthday, it can look back with pride on its many accomplishments and the fact that it provided the nation with "Strength Through Vigilance" over the entire period.

the following ASA Battalions: 306th, 309th, 344th, and the 304th.

The History Office is also requesting crests for the 52d and the 704th MI Detachments.

The address for the History Office is HQ, INSCOM, ATTN: IAOPS—HIST, Arlington Hall Station, Arlington, Virginia 22212. Telephone is (202) 692-6630.

Mr. Gilbert also stated that their office has a number of crests available for trade to individual collectors.



# family album



Lt. Col. Donald W. Atcheson, Jr. passes the Presidio of San Francisco Battalion colors to Col. Anthony J. Gallo, Jr., Commander of the 902d. (U.S. Army photo.)



In turn, Col. Gallo passes the Battalion colors to Lt. Col. John A. McCloud, new Commander of the INSCOM CI/SIGSEC Support Battalion at the Presidio. (U.S. Army photo.)

## Presidio's Change of Command

by Capt Leroy A. Campbell

On Wednesday, during the week of August 17, the INSCOM CI/SIGSEC Support Battalion at the Presidio of San Francisco held its Change of Command ceremony to say goodbye to Lt. Col. Donald W. Atcheson, Jr. and welcome to the new commander, Lt. Col. John A. McCloud.

McCloud brings a variety of experience to his new position. He is a 1965 graduate of the University of Richmond in Virginia. He entered active duty in October of that year. Since then

he has served in various capacities with the Armored Cavalry, I Field Force Vietnam.

Upon his return to the US, he was sent to the 4th Infantry Division at Fort Carson, Colo. where he served as Commander of the 4th MI Company and as Operations Officer, G2. In 1976 he graduated from Command and General Staff College on the Commandant's list. From 1976 to 1978, he was assigned to the Special Security Group in the Republic of Korea where he served as Commander of the Special Security Command, US Forces Korea/Japan. From 1978 to 1979, he was a student at the British Army Staff College, Camberley, England. Upon graduation from that institution he completed the Strategic Signals Intelligence/Electronic Warfare Coordinator, US Army Readiness and Mobilization

Region, Presidio of San Francisco.

In 1981, Lt. Col. McCloud assumed duties as G2, 1st Armored Division Ansbach, Germany. In 1983, he graduated from the US Army War College at Carlisle Barracks.

His decorations include the Bronze Star Medal, the Defense Meritorious Service Medal, the Meritorious Service Medal (3 OLC), the Army Achievement Medal and the Vietnamese Staff Service Medal First Class.

The outgoing commander, Lt. Col. Atcheson is headed for the District of Columbia to assume duties in ACSI.

Festivities marking this event were kicked off with a ROAST for Lt. Col. Atcheson, followed by a farewell dinner. The dinner produced several gag gifts and loads of laughter. This was a week to remember!



# family album



Col William G. Hanne receives the station's colors from Maj. Gen. Albert N. Stubblebine III, INSCOM's Commanding General, at the Diogenes Station Change of Command ceremony at FS Sinop on Aug. 2, 1983. (U.S. Army photo by Sp4 Sherry Kirkman).

## Change of Command at Sinop

by Sp4 Greg Markley

In a ceremony with a "divine twist," Col. William G. Hanne assumed command of U.S. Army Field Station Sinop, receiving the station's colors from outgoing commander, Col. Wayne F. Stone. Maj. Gen. Albert N. Stubblebine III., the Commanding General of USAINSCOM, assisted and presented Stone with the Meritorious Service Medal (3rd Oak Leaf Cluster).

The twist occurred when Maj. Gen. Stubblebine, in jest, handed Col. Stone a makeshift divining rod so he could locate water. Stubblebine noted that a year ago, when he helped install Stone as station commander, the installation was experiencing a water shortage. "A year and a day

later," he said, "that still has not changed."

Stone then passed the rod to Hanne to aid him in solving the recurring problem.

Stubblebine praised Stone for enhancing "comradeship" among officers and enlisted personnel and for increasing overall operational readiness during his year-long command.

Stone said he relinquished command with "bittersweet feelings—bitter because I have to leave friends, and sweet because I'm seeking new challenges, new horizons."

Stone departed immediately after the ceremony, enroute to his new duty as military attache to Ireland.

Noting that dealing with water shortages and other perennial problems of a remote site requires sound leadership, Stubblebine expressed confidence Hanne could provide it. Hanne pledged to uphold his confidence by maintaining Diogenes Station's standards at a level "above and beyond excellence."

Hanne comes to the U.S. Army Field Station Sinop from Carlisle Barracks, Pa., where he was a research analyst with the Strategic Institute there. He has served in Europe, Vietnam and the United States in a variety of command and staff positions, including an assignment as instructor and assistant professor of geographic research at West Point.

Originally commissioned in Armor, Col. Hanne had a branch transfer to Military Intelligence in 1963 and has served in a variety of intelligence positions since then. He was principal editor of *Landscape Atlas of the USSR* (Govt. Printing Office, 1971), and has had numerous articles published in a variety of journals.

Hanne received his bachelor's degree in science from the U.S. Military Academy in 1960, a master's degree in geography from the University of Illinois in 1968, and is a graduate of the Army War College (1980) and Naval War College (1981).

His awards and decorations include the Bronze Star with Oak Leaf Cluster, the Meritorious Service Medal with Oak Leaf Cluster, two awards of the Air Medal, the Army Commendation Medal, the Republic of Vietnam Honor Medal (1st Class) and the Senior Parachutist Badge.





In a Change of Command ceremony, Maj. Gen. Stubblebine presents the flag of the 407th MI Group to Col. Michael E. Pheneger. Second from right is Lt. Col. Cryblskey and extreme left is Sgt. Major Lovenshiemer. (U.S. Army photo.)

## 470th MI Group gets new CO

Col. Michael E. Pheneger accepted the command of the 470th Military Intelligence Group from Lt. Col. Harry "Ted" Cryblskey in a change of command ceremony held at Fort Clayton, Panama on July 7, 1983.

Maj. Gen. Albert N. Stubblebine III, Commander, INSCOM participated in the ceremony.

Col. Manuel Noriega, Chief of Staff of Panama's Guardia Nacional, presented the outgoing commander with a certificate in recognition of the outstanding cooperation that the 470th MI Group provided during Lt. Col. Cryblskey's command. The outgoing commander leaves the 470th to assume duties in

Washington, D.C.

Pheneger comes to the 470th MI Group after serving most recently as the Director of Operations, 66th Military Intelligence Group, Germany. He entered active duty on June 23, 1963.

His assignments include the Quang Tri Province; the Sadec Province; Korea; and Commander, SSC DARCOM.

He holds a Bachelor of Science degree from Bowling Green State University and a Master of Arts degree from Shippensburg State College. He is a graduate of the MI Officer Advanced Course, the Command Staff Course Naval War College and the U.S. Army War College.

## Sgt. Ko receives first award at 3rd MI Bn

by SSgt Mrva

Sgt. Ko, Jae Man, was the first KATUSA in the 3rd Military Intelligence Battalion to receive the U.S. Army Commendation Medal (ARCOM). He was awarded the U.S. ARCOM on July 1, 1983 at a ceremony by HSC, 3rd MI Bn, Camp Humphreys. Lt. Col. Lindon D. Jones, 3rd MI Bn Commander, and Capt. Charles Atkins, HSC Commander, presented the award to Sgt. Ko. Both praised him for his hard work and urged other members of the unit to follow his example. CSM James Edwards, Camp Humphreys Sergeant Major, also attended the ceremony. His comments reflected the post-level view of Sgt. Ko's achievement. All agreed that KATUSAs deserve more recognition and that it was gratifying to see Sgt. Ko receive the recognition he earned.

Like most KATUSA soldiers, Sgt. Ko had an extensive civilian education prior to coming in the Army. He attended both In Ha College and Dan Kook University in Seoul. In the military, he further demonstrated his drive for excellence, attending the ROK Ranger School in June 1982 in addition to his other military training and duties with the U.S. Army.

Sgt. Ko received the U.S. ARCOM for his meritorious service in successive positions as HSC Training NCO, Battalion Publications Clerk, Assistant Battalion Training NCO and Battalion KATUSA Liaison Representative from January 22, 1981 to May 15, 1983. When first assigned, Sgt. Ko demonstrated great dedication and professionalism by intensely studying the English language and U.S. Army training and administration procedures. He quickly gained competency in both and actively sought greater responsibilities. His leadership, demonstrated initiative, and positive attitude caused him to very effectively serve as the KATUSA Liaison Representative for the Battalion and Company Commanders. He was extremely effective in establishing a spirit of cooperation and understanding between the U.S. and KATUSA members of the unit, and in assisting with the understanding of the KATUSA Program.

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## family album



Brig. Gen. Sidney T. Weinstein presents Sgt. Charles S. Pendergraph with the INSCOM Commander's Plaque. (U.S. Army photo by Sp5 Stephen C. Ribeiro.)

Sgt. Ko received the U.S. ARCOM for meritorious service and demonstrated great dedication and professionalism.

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Currently he has returned to civilian life in his native Seoul. Throughout his service with 3rd MI Bn, Sgt. Ko displayed the finest qualities of a professional soldier. He was a credit to his Command and the Armies of the Republic of Korea and the United States of America.

## Sgt. Pendergraph receives INSCOM Commander's Plaque

Sgt. Charles S. Pendergraph III, instructor at USAISD, received the INSCOM Commander's Plaque for Operational Excellence on July 22. The award, given annually to one MI soldier, was presented by Brig. Gen. Sidney T. Weinstein, Commander USAICS, Fort Huachuca.

The award recognized Pendergraph's outstanding duty performance while he was stationed at USAFS Sinop.

Pendergraph was also awarded the Meritorious Service Medal

for his work in Turkey. "His devotion to duty, technical expertise and professional attitude made him an extremely valuable asset," the citation reads.

Col. Francis X. Toomey, Director of the Directorate of Training and Doctrine, USAISD, was Commander of USAFS-Sinop during Pendergraph's assignment in Turkey.

Pendergraph is a 1980 graduate of the University of North Carolina at Chapel Hill with a degree in mathematics.



## Shop talk at Sinop

by Sp4 Greg Markley

When he is at work, Sgt. William Farrare is "Sinop 3," your friendly telephone operator. When he's off-duty and working at the Craft Shop, he's just "Bud," another local ceramics hobbyist.

"I come over to talk to Deniz and pass the time. It's a great pastime because it eases your mind. It's habit-forming. The more you make, the more you want to make," he said.

Farrare should know. In seven months here, he has made a bowl and pitcher set, a Persian cat, a complete chess set and a Buddha lamp. He's spent many leisurely hours pouring molds and "firing" conversations.

"Deniz" is Deniz Turan, the dean of Diogenes Station Craft Shop workers. He and Mustafa Tosun, a four-year employee, are the regular employees at the Recreation Services activity center. Mustafa Okten and Ayhan Akkaya fill in when Turan and Tosun are off.

Turan has been working full-time at the craft shop since June 1975. He has watched it grow from a small hobby shop devoted mainly to ceramics to a multi-faceted operation patronized by numerous soldiers, sailors and civilians on post.

Ceramics, or "fired earthenware," is the most popular and



At Diogenes Station, craft shop worker Deniz Turan uses the radial arm saw at the wood shop. (U.S. Army photo by SFC Ken Distler.)

extensive craft supervised by the staff. The shop has approximately 300 molds, 60 of them new and the rest in varying conditions, Turan said. "We have about \$4,000 worth of glazes and stains now. The Army helps pay for the supplies, so everything is cheaper."

"They (the customers) can save lots of money this way," echoed Tosun. "For example, someone can make a pitcher or bowl for \$7 or \$8 or a maximum of \$9. If they bought it at the store, it'd cost \$25-\$30 or more. This way, you not only save money, but you can praise yourself for doing it. You can have memories of how you did it on your own ability."

You don't have to be Michelangelo to succeed at the station craft shop. "Everything is easy," Tosun said, "with practice. Some people are very good at detail painting, but it's simple enough for anyone to learn. We're ready

to get them started. We'll help anytime, in any way that we can."

Sp4 Martin Hernandez of USACC was here for months until he visited the craft shop. He said he's impressed. "There's a lot of nice ceramics here that people don't realize—it's something to occupy your time. Right now, I'm making a unicorn and cavalry soldiers," he said.

The wood shop generates a lot of activity, said Turan. The shop has a selection of hand and table saws, ribbon saws, drill presses and electric sanders. Customers can buy wood, mostly pine and plywood, at the shop. "Most people make bookcases and stereo shelves," added Tosun.

Gareth Turgeon, chief engineer for an international services agency, uses the wood shop regularly. "I've made cadet dolls and a kitchen cabinet so far," he said. "The wood selection is somewhat limited, but you make

# family album



Sp4 Samuel Mack and wife Sylvia work on ceramics projects at the Craft Shop, Diogenes Station. (U.S. Army photo by SFC Ken Distler.)

do with scraps and two-by-fours. The shop is a great way to kill time, if you're careful.

"Everyone has to take a short course in safety before they can use the power tools on their own. It pays to have this orientation to protect yourself and stop equipment misuse," he said.

The craft shop has a full photographic dark room, where black and white film can be processed and prints made. Various qualities of paper can be found; the chemicals are all provided free. "We may be able to develop and print color slides when we get the equipment that's on order and find some extra space," said Tosun.

The staff will provide guidance for other hobbies, too. Included are instruction in lapidary, silver-smithing and jewelry making. A pottery wheel for clay

sculptures, sketch pads and pencils for drawing and materials for leathercrafting are also available.

For Mustafa Tosun, not all the molding that's done at the craft shop involves ceramics. As the craft shop's main publicist, he feels that building relationships is as important as building kitchen cabinets.

"We try to build friendships here," he said. "They (the shop users) can come in here and stop worrying about problems. They are coming to the craft shop to keep busy and stop drinking. They are more healthy than before.

"They have questions about Turkey, and we try to help them as much as possible. We will help them as long as we are alive. The best thing in the world is to build friendship, to know and help each other," he concluded.

## Richard Naish instructs karate class

by Sp4 Greg Markley

He doesn't guarantee that you'll become Sinop's own martial arts expert, a la Chuck Norris in Hollywood. He doesn't promise that you'll develop the self-confidence of a world-class karate champion. He doesn't pledge that your muscles won't ache once in a while.

No, Richard Naish is under no illusions about his karate class that's held at Miller-Tullis Gym twice a week. "It teaches students an understanding of the basics. It prepares them to join a proper club later," he said.

The class, which is free and open to the public, began August 3 and will run for twelve weeks. Naish, a Black Belt karate expert from the United Kingdom, teaches the course as a labor of love.

"I decided to take up karate about five years ago, and progressed gradually to Black Belt. I did well in "grading" tournaments in the U.K. I've taught several courses for beginners and intermediates so this isn't really new to me."



"Karate keeps you very, very fit," he said. "It gives you suppleness and stamina. It's very good for developing the mind."

"Karate gives you the power to focus your mind on something. It tells your body what it will do—mind over matter. You forget about all your problems because you need full concentration."

Naish's sub-discipline within karate is Sho-To-Kan, which is loosely translated as "spirit of the rising sun." It is one of the four top karate styles and the most dependent on skill and finesse, as opposed to brute force, he explained. Karate is a complicated martial arts specialty which has steps to various skill levels. Under the setup it would take even a "wunderkind" at least three years to acquire a Black Belt, Naish estimated.

As a teacher, he'd rather be polite than pushy. "You need patience. You tend to forget how difficult it was as a beginner. I have no ambitions to make people feel stupid or inadequate. I'm there to teach karate and to get people interested in learning it."

"Fortunately," he added, "I'm very surprised by the standards of this class; they seem eager to learn." Nine or ten have joined in his class so far.

Naish believes that karate is like a banking account: you've got to put in a deposit before you withdraw the benefits. "It's the type of sport where you can regulate yourself," he said. "It's not like football, where you depend on your teammates' help. In karate, you are competing against yourself. It's not the belt he has, but the capabilities of the man, his character and self-respect, that counts."

Karate is not meant to be used for bullying, but it doesn't hurt to have the knowledge if you are cornered in a back alley, Naish said.

"The people that are good don't have to prove what they

## family album



At Diogenes Station, Karate class members learn basic stances during one of the sessions. (U.S. Army photo by Sp4 Sherry Kirkman.)



Karate teacher Richard Naish demonstrates the proper form as he teaches the basic course at Diogenes Station.

(U.S. Army photo by Sp4 Sherry Kirkman.)

are capable of in a self-defense role. It's going to leave you in a better position than someone used to sparring. It's better to have the skills and not use them, than to need them and not have them," he said with a chuckle.

Karate is a civilized defense sport, where traditions (such as bowing at a session's start and finish) are observed as part of the code of respect, Naish noted. He explained that "shouting" is stressed as a motivational tool and for quite practical reasons, too.

"Shouting is helpful in that it

scares the attacker by startling him, it boosts your own confidence, and it tenses up your stomach muscles so that you can absorb a possible blow," the Black Belt said.

In the class, he said with a laugh, "People are very self-conscious about shouting. They either yell too loud or don't do it at all. But they are getting the hang of it."

Naish encourages the Sinop soldiers and sailors to practice karate because "they might get a kick out of it."

# For your information

## Credit cards, you, and the ABA

Anyone who uses credit cards may become a victim of credit card fraud. Unless you inspect your monthly bills carefully—and as soon as possible after you get them—a number of phony charges could go undetected.

The American Bankers Association (ABA) reports that a common factor contributing to fraud is the carbon paper left behind when you take your copy of a receipt. It's easy for a dishonest employee to find the carbon in a trash can and obtain your name and number.

Then it's an easy step to order items by phone and charge them to your account. Or the crook may sell your number to an operation that prints phony cards. Counterfeiters iron down the numbers of stolen cards already cancelled and emboss them with legitimate numbers.

To minimize the risk of your becoming a credit card scam victim, ABA officials suggest the following:

- Protect your card (and number) as if it were cash.
- Destroy your carbon paper that is left after you take your receipt.

- Watch the clerk, if possible, to ensure that extra impressions of your card aren't made.

- Check your monthly bill right away and report any phony charges immediately to the issuing bank or credit card company.

- Report a lost or stolen card immediately.

(Under the law, a card holder is liable for the first \$50 of loss resulting from lost, stolen or fraudulently used cards. The ABA reports that most banks, however, do not impose the liability (in cases of cards issued by them) if a lost or stolen card is reported within three days or if fraudulent charges are reported within 30 days.)

- Don't reveal your card number over the phone. A common ploy is to say the caller is taking a survey.

- When you charge an item, make sure no one is nearby, memorizing or jotting down your number.

- When your card is returned, check that it hasn't been switched.

- Destroy receipts and expired cards before discarding them. They contain your name and number.

## 25 years in orbit

Designed by the Navy, launched by the Air Force and tracked by the Army, 25 years ago, the Vanguard I satellite now has the distinction of being the oldest artificial satellite orbiting the earth. (Its predecessors, Sputniks I and II and Explorer I, have since fallen out of orbit.)

Vanguard I was launched on March 17, 1958, from Cape Canaveral, Florida, in a tri-Service effort that was part of the United States' participation in the International Geophysical Year (July 1957 to December 1958). It was the first solar-powered satellite and the second placed in orbit by the U.S.

Because of its small size—six inches in diameter and weighing three pounds—Soviet Premier Nikita Khrushchev dubbed it in 1958 the "grapefruit satellite." (The Soviet's Sputnik I weighed 200 pounds.)

Vanguard I proved the earth is pear-shaped, not round; corrected ideas about the atmosphere's density at high altitudes; and improved the accuracy of world maps. Although its radio stopped transmitting in 1964, U.S. space surveillance systems still track the orbiting sphere.

When it was launched 25 years ago, it was estimated that the satellite's life expectancy would be about 200 years. Since then, scientists have extended this estimate to 2000 years. Accordingly, Vanguard I should be celebrating many more birthdays in space.



# Standards are set for meat consumption



**Meat!** For most Americans, meat is usually included in at least two meals a day. We are clearly a meat and potatoes society.

Beef, pork and fowl generate about 20 percent of the dollar sales in the Army Commissary System. This amounted to nearly \$300 million in Fiscal Year 1982.

Commissary specialists at the U.S. Army Troop Support Agency which manages and operates the commissaries, devote considerable time and effort to provide customers with high quality meat at reasonable prices. This sounds very simple and straightforward, but the process can get complicated.

Who else has a veterinarian inspect every shipment of meat upon its arrival at the commissary? No off color or marginal quality meat for commissary customers. Every item in the shipment must be clean, wholesome and holding the proper temperature. If the veterinarian isn't satisfied with all these factors, the shipment may be rejected.

After the veterinarian approves a shipment, commissary meat cutters apply their knowledge and expertise in preparing the different cuts of meat. A 1,000-pound steer will yield a

615-pound carcass. The Beef Industry Council reports that meat market employees will trim away 183 pounds of fat, bone and waste, resulting in 432 pounds of meat fit for resale. Most U.S. commissaries use boxed beef which is partially processed and saves labor and time for meat cutters.

In spite of what some customers may think, no one in the meat business, wholesale or retail, ever arrives at a selling price by adding a markup of his own choosing to the cost. The customer is the first consideration when determining the price of the meat sold in the commissary. The meat department manager must establish a price to recover the price paid the producer. There is no "give" or slack permitted. Losses must be paid for from the surcharge money shoppers pay on purchases.

An astute meat department manager is required to control pricing and maintain acceptable variances in the prices of all resale cuts obtained from the carcass. He needs to know customer's preferences and the prices they will pay for a particular cut. He also needs to know what sells the best depending on the season of the year.

Various checks help to insure

that customers get what they pay for. Daily, the commissary officer is required to choose several packages of meat at random to verify weight and price. Sales are checked daily for accuracy and sanitation inspections in the meat processing and sales areas are conducted daily. Commissary policy requires that the worse side of the cut be packaged so that the customer can see it. There is less fat and bone on the side you can't see. Perhaps, you have purchased meat in commercial supermarkets which looked good; but when you got home and opened the package, you found bone, gristle and fat and paid a fancy price for something you couldn't eat.

Labels indicate grade and date of pack. If there is reason to repack a cut of meat, the original pack date is put on the repacked item. Two grades of ground beef—75 percent and 85 percent lean—are sold and management checks the fat content every day.

Meat is expensive and is a significant portion of every family's food budget. Commissary management realizes this and offers several ways you can stretch your meat dollar. Look for the displays which have Smart Buy signs. These indicate that you save at least 15 percent



## For your information

# So how about FISH?

compared to the regular price of the same items.

During different seasons of the year you can save when buying meat when it is plentiful. Purchase hams at Easter, lamb in the spring, steaks and cold cuts in summer, turkeys at Thanksgiving and roasts in winter. Prices are lowest on seasonal items and pricing specials are frequently offered.

Look for specials of the week on meat items. Sometimes meat departments may be overstocked and prices will be reduced in order to sell the items. At other times the meat department manager makes special buys at reduced cost in certain meat items and passes the savings on to you in the form of lower prices.

Another good buy is ground beef, steak or other cuts which are frozen and reduced in price. There's nothing wrong with the meat except that it may have been frozen because it didn't sell the day before. Don't you usually freeze meat when you get it home anyway?

Commissary employees work hard to enhance your commissary benefit. "Serving the most deserving" is a way of life for them, not just a slogan. Shop in the commissary. It's the best buy around!

What is high in protein and can provide about one-fourth of the daily recommended allowance of protein? About two or three ounces of fish or shellfish (excluding bones and shell).

The meat of fish and shellfish can range from low to high in fat content and vary in the amount of protein. Certain types of lake trout and during some seasons, herring, mackerel and sardines are high in fat and low in protein. So are tuna, halibut, cod, flounder, haddock, pollack, mullet, ocean perch, rockfish, whiting, crab, scallops, shrimp and lobster. Herring, mackerel and sardines can also have a medium fat content and high protein content as do anchovies and salmon. Oysters and clams have little fat or protein because they contain mostly water.

Commissary specialists at the U.S. Army Troop Support Agency offer a few facts for customers to consider when buying seafood. Whole, fresh fish

should smell fresh and not have too strong an odor. It should have shiny, bright scales close to the skin and reddish pink gills. The eyes should be clear, bright and bulging; the flesh should be firm and spring back when pressed. Frozen fish should be solid with little or no space between the fish and the wrapping. There should be no discoloration and very little odor.

You can prepare seafood using a variety of methods: steamed, poached, fried, broiled, boiled, baked or planked (cooked on a wooden plank). It's best to broil, bake or plank fish which is high in fat content. Lean fish will remain moist and firm when steamed, poached or basted. Frying is a suitable method for cooking lean or fatty fish. Try steaming, broiling or baking shellfish.

Include seafood in your meal planning and serve your family a meal that is nourishing and delicious.





# The Army School of the Air

Under a test program pioneered by the Army Training Support Center, or ATSC, soldiers are attending classes by satellite.

The experimental program, which began on March 29, is called the "Army School of the Air." The first of the 12-hour instruction was given in six cities nationwide to update instructors teaching Command and General Staff College courses to Reserve Component officers.

Lt. Col. James G. Shepherd, the project director at ATSC, feels that the experiment could revolutionize Army training. Said Shepherd, "'The Army School of the Air' could save money and manpower and still meet the needs of a well-trained Army. This initiative contributes to excellence in Army training which could pay off later on the battlefield."

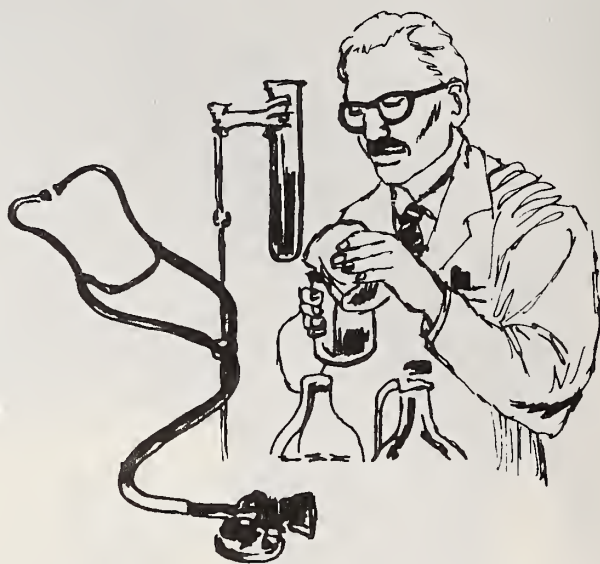
The course is presented live, allowing students and instructors

to interact via audio hookups. For this project, the Army is using the Bell microwave system to transmit the classes from Fort Leavenworth to a television station in Kansas City which has a satellite transmitter. The Army is renting the station's facilities to beam the programs to a West Star II satellite. Rental fees are much lower than the costs of moving a soldier's family to the location of the school, thus saving government funds and the turbulence of relocating the family.

Shepherd explains that this is just the beginning of an Army satellite network. ATSC will conduct another experiment at the Quartermaster School, Fort Lee, Va., later this year. The program will consist of 20 hours of instruction, and will incorporate lessons learned through the Fort Leavenworth experiment on an entirely different network.



## Medicine and Sports



While Americans laced up their running shoes and put on their sweat suits in the late seventies, a new medical specialty was growing right alongside America's new-found passion for fitness: sports medicine. Sports medicine clinics were opening up as fast as running-shoe stores, as Americans needed experts knowledgeable in treating a new assortment of injuries related to physical activity.

While many injuries require the care of a physician skilled in sports medicine, such as an orthopedic surgeon, many common sports injuries can be self-managed. The first key to the self-management of sports injuries begins with prevention and with recognition of the significance of pain as a signal from the body that something is wrong.

Start any fitness program slowly, and begin with stretching exercises before doing aerobic work. Stretching and limbering up are important in preventing injuries. Advance your fitness program slowly. It is reported

that most running injuries occur with a sudden increase in mileage.

Proper equipment plays an important role in preventing injuries. Runners should wear a properly fitted shoe. A good shoe should feel comfortable. It should have a high, rounded toe box, a studded sole for shock absorption, a well padded, molded Achilles pad to prevent irritation of the Achilles tendon, a flexible midsole, and a soft, raised heel wedge to absorb impact when the heel strikes. Women should wear a bra that provides firm support, limits motion up and down and laterally, and is made of a non-abrasive and non-allergenic material. Handball and racquetball players should wear eye protection. Special orthopedic devices can be made by podiatry for specific foot problems.

Heat and cold are also causes of sports injuries. One should be able to recognize the signs of heat exhaustion and hypothermia.

If injuries do strike, attempt to prevent minor injuries from becoming worse. Change your

training schedule or activity. Swim or bike if you have a running injury. Take a few days off. Here is a sensible treatment regimen for minor running injuries: apply ice to the affected part until the skin turns red, and then do gentle stretching exercises. Later that day, apply moist heat for 15 minutes and follow that with stretching exercises. If the symptoms don't disappear in a few days, see your doctor.

Joint injuries are a little trickier and usually should be seen by your doctor. Any loss of function in a limb should also be seen immediately by your physician.

The key to dealing with all sports injuries is prevention. But if you do hurt yourself, take care of yourself fast. Do not run on a stress fracture. Be responsible. Talk to someone knowledgeable. Check out some good books on the subject.

(Note: This story is adapted from an article in the Dec. 23, 1982 edition of the Fort Ord, California, *Panorama*.)





Members of 902d MI Group's Guidon Steeplechase Run are (but not necessarily in order) Sgt. Maj. David P. Klehn, Capt. Leroy Campbell, 2nd Lt. David Palmieri, SFC Ken Vincent, Sp4 William Farrell, Sp4 David Owen, SSgt. Jose Rodriquez, Sp4 Jeff Buller and SFC Marl Green.

## 501st wins final game

by Sp5 Kevin Bell

The 501st Summer Basketball team ended a struggling season with the balanced scoring of Axel Batson, Michael Atkinson, Kevin Bell and Henry Davenport in a 36 to 28 win over the 55th MP group.

The win over 55th MP's managed to give the team a moderate season winning record of 4 wins against 6 losses.

Even with the seasons record, the 501st Basketball team represented poise, sportsmanship and good conduct under the leadership of coach Josephus Harper.

"The short summer season gave us a chance to warm up for the regular fall and winter basketball seasons," commented forward Henry Davenport. "I think that in the short time the team has been playing together, we made a pretty good showing," Davenport went on to say.

Several players agreed they were looking forward to the start of the regular season and they felt confident of their success.

The players would like to thank all those individuals who supported them and for the cheers from the bleachers.

We will all be certainly looking forward to your play in the regular season.

## 902d wins guidon steeplechase

A team of runners from the 902d MI Group's Counterintelligence and Signal Security Support Battalion, Presidio of San Francisco, won the San Francisco Association of the U.S. Army Chapter's first annual "guidon steeplechase" on 7 July 1983.

The contest involved teams from numerous Presidio tenant units, involved runners carrying unit guidons past a series of checkpoints around the 7.5 mile perimeter of the Presidio.

To finish the race, each team member, as well as the guidon, had to return to the start point. While the guidon had to travel the entire remote perimeter, runners could relay it to the checkpoints in any order and return to the start in the most direct route.

Thus, the key to success was a careful terrain analysis and route reconnaissance to determine optimum points to exchange the guidon between runners and to establish most efficient cross-country routes for runners to return to the start. In the words of the team captain and coach, Battalion Sgt. Maj. David P. Klehn, the Duece team won because of "superior intelligence preparation and G-2ing of the course and good operations security of their plan of attack."

Lt. Col. David E. Grauge, Commanding General, Sixth U.S. Army, presented the winning team a trophy and a check for one hundred dollars which the team members donated to the INSCOM Benefit Association.





Some of the Field Station San Antonio soldiers at the start of the race.  
(U.S. Army photo by Capt. George K. Gramer, Jr.)

## The San Antonio Tube Race

by Capt. George K. Gramer, Jr.

Even though the sun was shining, the water in the Guadalupe River was cold. Seventy-three participants braved those icy waters on Saturday, August 6, to enjoy the 1983 Field Station San Antonio Reenlistment Tube Race.

Winning in the adult division for the second year in a row was Sergeant Robert T. White, Jr. Bob finished the mile-long course in 28:16. White, who beat out the nearest competition by 100 yards, said he just kept paddling and that he benefited from knowing the fast lanes in the river. Since he is going to the Defense Language Institute for Intermediate Russian this fall, next year's competition will be wide open.

Some participants learned that there are dangers associated with tubing. These include scraped knees and elbows, numb bodies, sunburned arms and chests, and being thrown from your tube. The officers present found out that being thrown in from the shore was a risk that goes along with the rank.

Following a bring-your-own picnic lunch, many enjoyed several more trips down the rapids before returning to San Antonio. Everyone present received a Tube Race T-shirt, provided by the Reenlistment Office. SFC Lou Pofahl, Alamo Station Reenlistment NCO, said he was glad that his first tube race was enjoyed by so many people.

## 501st wins softball division

by Tyrone Spry

The 501st MI Group Softball Team concluded its regular season play in the Yongsan Intramural Softball League with victories over the 305th S&S Company and SUSLAK. The overall 17-2 record put the 501st in first place in their division. The 501st was lead in hitting by Ty Spry, batting .612, 34 RBI's, 11 homeruns followed by Bill Martin, .390, 29 RBI's; Dick Powers, .444; Kym McElhenney, .396, 24 runs scored; Lee Defibaugh, .448, 24 runs scored; Tim Lewis, .533, 21 RBI's and Chuck Graham, .588, 8 home-runs. Other players who played an integral part in the team's success were Keith Cobb, Ron Samuelson, Leonard Bennett, Charlie Miller, Bennie Holt, Russ Dennison, Steve Tam, Chris Powe, Ray Collins and Mike Turley.

Following the close of the regular season, the 501st opened the Yongsan Area Tournament on August 2, 1983, with a decisive victory over the 10th Med (Dental). Tim Lewis and Dennis Schoebel combined to hold 10th Med to just one hit. The 501st was lead in hitting by Dick Powers with three hits including a two run triple. Lee Defibaugh, Ty Spry, Kym McElhenney and Ray Collins added two hits each, and Chuck Graham and Tim Lewis each added two run homers.



FOLD

### Readership Survey

The staff of the INSCOM Journal, U.S. Army Intelligence and Security Command, has prepared the attached readership survey to allow YOU, our readers, an opportunity to tell us what you think of our magazine. Please fill out the pre-addressed, postage-paid survey card and return it to us. Your comments are appreciated.

Commander  
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Arlington, Virginia 22212

Commander  
U. S. Army Intelligence and Security Command  
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Arlington, Virginia 22212

FOLD

A Readership survey must be conducted every year. The survey sheet can be cut out and folded like an envelope for mailing purposes. Please fill out and return to address on the survey form.

7. What do you like MOST about the INSCOM Journal?

\_\_\_\_\_

\_\_\_\_\_

8. What do you like LEAST about the INSCOM Journal?

\_\_\_\_\_

\_\_\_\_\_

9. What would you change about the INSCOM Journal if you could?

\_\_\_\_\_

\_\_\_\_\_

10. How would you rate the INSCOM Journal's content in general?

Excellent overall \_\_\_\_\_

Good overall \_\_\_\_\_

Fair overall \_\_\_\_\_

Poor overall \_\_\_\_\_

Any remarks?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

THANKS FOR YOUR COMMENTS.

1. I am (check one)

Male \_\_\_\_\_ Female \_\_\_\_\_ E1-E4 \_\_\_\_\_ E5-E9 \_\_\_\_\_ O1-O3 \_\_\_\_\_ O4-O6 \_\_\_\_\_

Civilian \_\_\_\_\_ Dependent \_\_\_\_\_ Military retiree \_\_\_\_\_ Student \_\_\_\_\_ Other \_\_\_\_\_

Please check answers as appropriate:

2. How soon after publication do you see a copy of the magazine?

The same month it is published \_\_\_\_\_

One month later \_\_\_\_\_

Three or more months later \_\_\_\_\_

Never see a copy \_\_\_\_\_

3. Approximately how many issues of the INSCOM Journal have you seen in the last year?

None \_\_\_\_\_ 2 \_\_\_\_\_ 4 \_\_\_\_\_ 6 \_\_\_\_\_ 8 \_\_\_\_\_ 10 \_\_\_\_\_

4. Where do you get your copy of the magazine?

Home \_\_\_\_\_ Work area \_\_\_\_\_ The barracks \_\_\_\_\_ Library \_\_\_\_\_

From a friend \_\_\_\_\_ Can't get a copy \_\_\_\_\_ Other \_\_\_\_\_

5. What type of stories would you like to see more in the INSCOM Journal?

Service \_\_\_\_\_ Command \_\_\_\_\_ People \_\_\_\_\_ Off post items \_\_\_\_\_

Other (specify) \_\_\_\_\_

6. What kinds of stories and information in the INSCOM Journal are of particular interest to you? Explain:

\_\_\_\_\_

\_\_\_\_\_

Commander  
U. S. Army Intelligence and Security Command  
ATTN: IAPA  
Arlington Hall Station  
Arlington, Virginia 22212



# GO ARMY



## ARMY-NAVY

BY MICHEALLE CAREY **FOOTBALL CLASSIC**

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ARMY	MIDSHIPMEN	PHILADELPHIA
BLACK	MULE	RALLY
CADETS	NAVY	RIVALRY
FOOTBALL	PARADE	ROSE BOWL
GOLD	PASADENA	NOVEMBER

FLARE

